

# LIVING IN THE BODY OF GOD

## A PERSONAL MEDITATION

It always begins the same way.

In the Bible.

In the Sutras.

In the Torah.

In the Koran.

In the tribal stories.

In Science

There was nothing.

Then there was something.

There was the Word.

There was the Song.

There was the Dream.

Even Science suggests --there was nothing, then there was the Big Bang.

The moment of being, the begin-ning, is the one god saying “Be!” But not in the feeble scope of a word in English.

Everything began and that in-stant of glorious and incomprehen-sible change, the origin, the being is what we call God, Ahuramazda. Yah-weh, Jehovah, Allah, Ram, Manitou, Wakan ... The thousand names and faces of the god-who-is-all. It is god-who-is-all as we each can understand that word. It is all the faces of the uni-verse waiting to smile on us when at

last we open our eyes.

Nothing exists outside that mo-ment of creation and cannot exist outside of god-who-is-all.

We live within the living body of the one god-who-is-all.

One god. Not two. Not God and Satan. Satan is unnecessary - every-thing we can point to as Evil has been done by humans for their own rea-sons. One god, all encompassing and whose motion and design will forever remain beyond human ken.

Men create evil and force oth-ers to live through their created evil. And they are there because others invested in the power that was to have been used for their direct con-tact to the god-who-is-all. They have surrendered their truth in a grab for power, for comfort, for righteousness sake and for greed of gold or flesh or pride.

Hurricanes are not evil.

Floods are not evil.

Lightning is not evil.

Decay is not evil.

Death is not evil.

It is the flow established by that which we call god, by whatever name. It is the natural flow to begin and flourish and decline and end

to make way for the next cycle and next generations.

How this was accomplished will remain the Mystery. Science will project and speculate and theorize to try to reduce the all-existence of 'god' to something our tiny brains can feel that they can contain, but the Mystery will remain. Theologians will populate the universe with a face or name or names or symbols or restrictions on the all-beingness of 'god,' but the Mystery will expand their greatest explanations.

It has never been our purpose nor our capacity to understand the god-who-is-all.

It will never be our domain to comprehend the complexity of the All.

But as humans we have a need to feel we have understanding and truth.

As humans there is a place for each of us within the universe. It is not on the top or on the bottom, but it is perfectly shaped for us. We already live there but deny our place in the universe by will and desire.

There is no "god sized hole" within us for god to fill. There is a whole the exact size and shape of each of us for us to recognize as our place in the god-who-is-all.

We concoct stories and fables and parables and myths and artificial histories and, sometimes, populations of supporting spirits and angels and demons and other fantasies to explain what will always remain beneath the abject totality of the god-who-is-all.

One god, one universal truth of change and flow that transcends time or geography, available to all who seek that contact which we are taught to deny from infancy.

"Be Still and Know that I am God," we were told.

"Before Abraham was, I am," we were told.

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There was no design of separation, whatever those who would ensure privilege say to the populations who were raised to honor the society of men instead of the god-who-is-all.

The way of what is a flow that we can find to be Love. Through trial and victory and sickness and passion, there is a flow that carries us through the stream of time to our fate, and the whole of that span of time is within the body of the god-who-is-all from the moment before existence to the moment after the death of time.

God is the medium through which we exist in the same way the river is the medium through which a fish lives, or the sky is the medium of the birds. We are saturated by the god-who-is-all because we are part of the flow started with that first moment.

We can only understand sin as the separation of ourselves from the god-who-is-all by our will and belief of individual power. Separation from the source, or the illusion of separation, creates hunger for completion that expresses itself in greed and lust and fear and the other familiar deadly sins.

No amount of accumulation in the transient world can satisfy the hunger or the emptiness the separation creates. Perhaps we can be numbed, lulled into a comfortable illusion for a while. We can raise our children in delusion that this physical accumulation is happiness, but each generation will seek its own solution to the emptiness the separation creates.

If the god-who-is-all does not saturate everything and everyone and everywhen, how is that any man, woman or child who find the need to connect with the god-who-is-all can make that contact to the greater pattern of what is true, and find fulfillment in their proper place in the universe, giving and receiving as part of the intended flow?

They are already there.

Who does god not love? Where is the child born of man or animal who is not part of this saturated god-who-is-all? Who can defy the will and design of the god-who-is-all to be part of the greater reality; even though that reality is beyond any conception we can contain in our tiny little skulls with the even smaller little brains within. That which is love and harmony is present in every cell and stone and wind, though it may defy our attempt to define what that love and harmony 'should' be. The fantasy that people must never hurt, that hearts must never be broken, that loved ones will never suffer or die without an understandable reason, is part of that flow and our need to explanation is not god's need to explain.

Who can hurt god? Who has the power to change any of the true being of the universe by an act of will, a device or a philosophy? The belief that we can defy god is an illusion that creates its own suffering in separation from the god-who-is-all. We can only create the illusion of separation from god, but we are still part of the god-who-is-all, despite our desire or understanding.

Who can disappoint god? To believe that we have somehow failed to live to some fantasized destiny only serves to hurt ourselves. The god-who-is-all will flow forward while we fight the low. And we fight until we are exhausted and fall into that communion of bliss with the god-who-is-all, or do some self-destructive action that still does not deprive the god-who-is-all of our breath and body.

Who can argue to get god-who-is-all to change the reality, as if the idea of the speck of a being within this great river of time to change its flow -- to make it flow uphill because of a petty desire or defiant design? Within the flow of the god-who-is-all is the path and the freedom is ours to participate in that low to fulfill the part we are there to lay, or resist that flow

and cause ourselves the suffering of our own defiance? The god-who-is-all will accomplish the flow with another raised up to take the role you have refused, and that new one will enjoy the path and belonging and peace that should have been your own.

You are given your way to approach the god-who-is-all and by your expression of surrender and suppression of defiant will, you can approach by the face you care able to understand. When people raise up to force others to believe only as their own personal understanding of contact expresses their contact with the god-who-is-all, their adventuring beyond their own direct contact is a flurry of defiance that will generate everything that we call Evil, and they will pass and the flow will go on.

Where is there to go after you die, for you already live within the very body of the god to whom you think you and go? You are already there. Matter cannot be created or destroyed within the creation, so the fabric of your body will continue throughout time. Your breath may leave your lungs, but your last exhalation will continue for eternity. That which has been your separated personality rejoins the body of god to which it already belongs, made greater in the joining. It is the great unknown of the soul, as we perceive the soul --the migration to Paradise or Perdition, as we have been taught. Who would willingly keep himself from the belonging and tranquility of serving as is your own personal role and discovering your fulfillment here and now?

Our effort and support of each other expresses our fate. When life is based on desire and fear and desperation accumulation for satisfaction, then what need of there for a Hell if you have lived the life you have been given is separated from the god-who-is-all.

What need is there for Hell when we have kept ourselves apart from the god-who-is-all.

The life lived for self is punishment incarnate, to waste the moments we have fearing we will never possess that which will make us whole, when the whole of reality is ours for the Surrender, is the separation that is the very Hell we fear.

What need is there for Heaven when the life live in acceptance and service is the reward of the worthy life. To find peace that the trials and torments of childhood are the bag-gage of the preceding lives, and find the freedom to choose the new way, is the Bliss we seek. To be in the proper position of giving and receiving from the god-who-is-all, expressed in our actions to community, to children, to society and to our world -- is the very Heaven we seek.

To take a final breath with the knowledge that one has overcome the emptiness of desire and the shadow of wealth in the physical world, and to have actively taken the action to improve individual contact to the god-who-is-all, however imperfectly, is entering the gates of Paradise.

To comfort those who believe our passing will lessen themsevles, is the Love we have al-

ways needed. To know that there is a legacy of comfort and improvement in the continual effort to become more of the role has been within the river of time, is the serenity of joining with the god-who-is-all, whether praising at the throne or a blissful eternal movement with the force and being that is the god-who-is-all, is the Reward.

There is one god, and as you read this you breathe god in and out of your lungs, the saturated god-who-is-all fills your blood and holds your feet to the ground. The world beyond your door has paths and choices.

Am I on the path to the god-who-is-all or the path of self?

Am I giving the Love I need to receive so that the Love I need can fill me again to be given away freely?

Am I an instrument or a whirl-wind of desire and a scar in the lives of those around me?

Do I create suffering by the fulfillment of my desires?

Do I know that I am living within the body of the one god-who-is-all?



## Editorial

*Continued from Page 4*  
aspect of recovery; stepwork, sponsorship, service, history, tools, archives, etc.

Most of these will be Internet, but we have at least one article that is primarily a list of twelve step groups other than Alcoholics Anonymous, their primary service offices, phone numbers and web addresses, where available.

## HISTORY

An area of growing interest for many people in Recovery is the origins and evolution of our Steps, Program and Fellowship. Articles in this section are intended to satisfy that interest without distracting from the serious work of the Steps and personal growth.

As we said, if you have an idea that does not fit in these categories, feel free to submit that work for consideration.

## ANONYMITY

While we are not part of the existing service structure, it is our hope to honor the spirit of the traditions starting with Anonymity.

None of the articles in this issue, nor in the next several issues, will carry an author's name. We are not even carrying the common "first name and last initial" - it is an attempt to provide Principle over Personality.

It is not possible to have the kind of fellowship we share without the trap of ego, either for the author or the person attempting to use the article as a weapon against someone in recovery.

It is the content that matters and will survive our individual egos.

## THE EXCEPTIONS TO ANONYMITY

There is one area where we may publish "first name and last initial" or even a full name.

If we receive Letters of Comment and decide to include a letters section, which has been a staple of magazine publishing for as long as magazines have existed, we will print letters with the first name, last initial, city and *date of sobriety* of the letter writer.

If we have a communication from someone or some organization completely outside the 12-Step Community who wishes to have their full name pub-